

# THE EXPERTS SPEAK

Experts Share Their Views on the Benefits of Drinking Pure Water

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## The Best Drinking Water for Good Health... Distilled Water

**"T**here has been much debate over the years about distilled water. Advocates claim it's a cleansing agent that will purify your body and leave you in glowing health, while detractors sound the alarm that it will rob your body of minerals and leave you a quaking skeleton. So what is distilled water, anyway, and how does it affect you?"

"Distilled water is water that has had essentially all of the dissolved substances within it removed by evaporating it and condensing it back to liquid form. Since about 99 percent of all dissolved matter in water is minerals, distilled water is essentially water that has had all of its minerals (as well as pollutants) removed."

"The arguments in favor of drinking distilled water claim that the minerals present in water clog the body and impede bodily functions. This theory is partly based on the notion that since calcium (the primary mineral in water) helps to form bones and to harden things in general, it must harden other things in your body as well. Literally dozens of books written by well-meaning doctors, nutritionists, and practitioners of holistic medicine claim that essentially all disease is caused by minerals in water and that by drinking distilled water you will be reinvigorated, your arthritis or hardened arteries will disappear, and so on."

"On the other hand, one of the arguments against drinking distilled water is that you lose a primary source of necessary minerals in your diet and, further, that because the water has lost its own minerals, it attracts and grabs minerals within your body, causing a mineral deficit. As with the previous argument, there is no evidence to support this claim."

"In fact, all naturally occurring water, even rainfall, contains minerals. Distilled water, having lost its minerals, is in an unnatural state. In chemistry terms, distilled water is aggressive. That means that it tries to regain minerals to bring it back to the water's natural state."

"When you drink distilled water, it undoubtedly attracts some minerals from whatever surfaces it contacts, meaning your mouth,



**Colin Ingram**

Colin Ingram has forty years of experience as a scientific writer, researcher, and technical publishing consultant. He has conducted extensive research on all aspects of drinking water and has performed water purification product evaluation and testing.

Colin is the author of the book, **"The Drinking Water Book, How to Eliminate Harmful Toxins from Your Water."**

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throat, and stomach. But the amount of minerals it needs is far less than the amount naturally present in these surfaces. By the time it reaches your stomach, it has regained enough mineral content that it's no longer aggressive."

"Here are the facts: We get most of the minerals we need from fruits and vegetables, whose minerals are in a form that are more readily digested than waterborne minerals. You're unlikely to experience mineral deficiencies if you eat a normal diet including a variety of foods."

"And if you drink distilled water regularly, make sure that your diet contains an assortment of mineral-rich fruits and vegetables. This is good advice, anyway, regardless of what type of water you drink."



**Colin Ingram**

Excerpted from the book, *The Drinking Water Book, How to Eliminate Harmful Toxins from Your Water* Copyright © 1991, 1995, 2006 by Colin Ingram

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